



# Newsletter for Seniors

*Warren-Hamilton Counties Office for the Aging*

1340 State Route 9 • Lake George, NY 12845 • 518-761-6347

Toll Free Number 1-888-553-4994

NY Connects 1-866-805-3931

**SPRING EDITION**

**2022**

**April, May & June**

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**Newsletters are available online at:**

[www.warrencountyny.gov/ofa/newsletters.php](http://www.warrencountyny.gov/ofa/newsletters.php)

**Or contact Mary Ann at 761-6347 to be added to our email list.**

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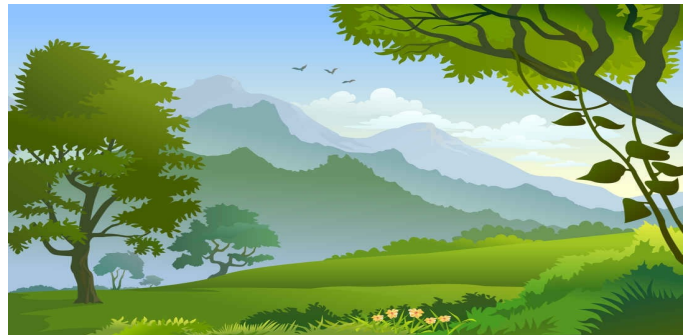
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## ***Are you interested in Volunteering?***

**Start your Spring off helping your community. The Office for the Aging is looking for Volunteers to deliver meals in our community. Currently, we are delivering meals only 3 days a week. We would like to increase meal delivery to 5 days a week Monday through Friday and we need your help. Call Office for the Aging at 518-761-6347.**



### **ATTENTION Meal Recipients:**

**No Meals will be served on Monday, May 30, 2022. The meal site will be closed for the Memorial Day Holiday**



# National

APRIL 17- APRIL 23

# VOLUNTEER WEEK

***THANK YOU VOLUNTEERS***

A NOTE OF



*We appreciate all of your hard work and dedication to the people in our Community. By giving of your time, energy and service to your neighbors you brighten our corner of the world. Thank you for caring for our community.*

*Mary Ann*



# CAREGIVER GUIDE



Department  
of Health

## Are you a caregiver to a loved one?

The state Department of Health has published a New York State Caregiver Guide designed to help people who are not medical professionals care for a loved one. People who take the responsibility to care for loved ones with serious or limiting health conditions may often feel overwhelmed by the management of day to day activities. The Caregiver Guide is a gift from New York State Department of Health to caregivers to make lives easier. The guide is designed to help individuals navigate the health care system with or on behalf of a loved one who either needs help or is not able to participate themselves. The ten, color-coded sections are printed in large font on colorful, glossy pages and covers topics such as communicating with healthcare professionals, legal and financial planning and creating a care team.

To pick up your copy of the Caregiver Guide along with a convenient carrying bag with a shoulder strap to bring to medical appointments, stop by :

Warren/Hamilton Counties Office for the Aging  
Human Services Building  
1340 State Route 9  
Lake George, NY 12845 518-761-6347



**NY Connects**  
Your Link to Long Term  
Services and Supports



**Office for  
the Aging**

## TOP TEN WAYS TO CARE FOR YOURSELF WHEN YOU ARE A CAREGIVER



**NY Connects**  
Your Link to Long Term  
Services and Supports

- 1. Keep a journal.** Start today. Describe your fears as well as your hopes, the reality of what each day is like. Don't be afraid to write about the losses, big or small.
- 2. Stick with your journal.** Let yourself record little victories, go back and review the earlier months and years. Notice the personal, physical, emotional goal and successes you and your loved one have achieved.
- 3. Create a simple communication network.** Think of this as a designated communicator. Choose a friend or relative who will make calls and tell all the news when there are calls to make and news to tell, you might want to save the "big successes and wonderful news" sharing for yourself, but you will be worn out if you are constantly on the phone retelling the details of the last days on weeks over and over.
- 4. Let your friends help you.** When some asks, "Can I do anything for you?" give him or her something to do. Let a friend run an errand or stay with your loved one while you take a break and get out on your own.
- 5. Visit with people you love.** You may often have to ask your friends or family to come to your house or keep you company while waiting for your loved one's treatment to be over. You need to be a whole person who has friends and interests and can think about something besides the responsibilities of caregiving.
- 6. Stay involved in your loved one's personal life.** Be careful that your loved one does not slip from the role of loved one, family member, friend into role of patient. Don't let yourself lose the relationship you had prior to the need of caregiving.
- 7. Talk about it!** There are many fears and anxieties associated with any illness or disease, which can tear a person apart. Talked to your friends and loved one about your feelings. The worst thing you can do is build a wall around yourself to protect others.
- 8. Keep the romance alive.** Couples facing caregiver situations are apt to forget to nurture the relationship that brought them together up to this point. These relationships need just as much, if not more attention, now that one of you is ill, than they did before.
- 9. Include your loved one in your changes.** As time passes we all change in small and big ways. If you find a new friend, discover an interest in a new genre of books or music, find a new recipe or great place to eat, share these as much as possible with your loved one.
- 10. Keep setting goals.** Before you were a caregiver, you set personal goals. Your life did not end because you became a caregiver. When the caregiver duties subside, you should not "Return" to your life, you should continue with your life.



# HIICAP Corner

## Medicare Information and Updates



### Medicare FAQ

#### **Why are there changes in my prescription costs during the year?**

Your Medicare Part D prescription costs (premiums, deductibles, coinsurance/copayments) can change every year. Each fall your Prescription Drug Plan or Medicare Advantage Drug Plan will send you an Annual Notice of Change (ANOC) to notify you of any of these upcoming coverage or cost changes.

Whether you are renewing your Part D plan or are new to Medicare, your costs may also vary throughout the year during the 4 phases of Part D coverage listed in the chart below.

#### **Phases of Part D coverage:**

**Deductible:** Some Medicare Part D plans have an annual deductible (between \$100 - \$480) that, until met, leaves beneficiaries with the full negotiated price of their medications. After the deductible has been met the plan will begin to cover some of the cost of your drugs.

**Initial Coverage:** After any deductible is met, your plan will help pay for your covered prescription drugs. They will pay some of the cost and you will pay a copay or coinsurance. The length of time in Initial Coverage phase depends on drug costs, in 2022 Initial Coverage period ends after you have accumulated \$4430 in total drug costs (this includes the amount you AND your plan have paid for covered drugs).

**Coverage Gap (aka Donut Hole):** After Total Drug Costs reach \$4430 for most plans, you will be responsible for 25% of the cost of your drugs, as opposed to the copay paid previously.

**Catastrophic Coverage:** In all Part D plans you enter catastrophic coverage after you reach \$7050 in out-of-pocket costs for covered drugs which reduces your cost share to 5% of the cost for each drug, or \$3.50 generic and \$9.20 brand name, whichever is greater.

**\* Your Part D plan should keep track through monthly statements how much money you have spent out of pocket for covered drugs and your progression through the coverage periods \***

In addition to annual plan restructuring and the Phases of Part D coverage, cost sharing for prescription medications can fluctuate during the year due to Plan Coverage Rules. These rules are put in place to make sure certain drugs are used correctly and only when medically necessary:

- **Prior Authorization (PA):** Before plans will cover certain drugs, you must meet the criteria to have that drug. Discuss with your plan and your provider how to access these medications.
- **Step Therapy:** This is a type of PA where plans may require you to try a generic of the prescribed drug for effectiveness before approving a similar, more expensive, brand name drug.
- **Quantity Limits:** For safety and cost reasons, plans may limit the amount of prescription drugs they cover over a certain period of time.

Prescribing doctors can request exceptions to Coverage Rules if they consider it appropriate.



**HIICAP**  
Health Insurance Information,  
Counseling and Assistance  
Program

This Publication is supported in part by a grant from the U.S. Administration for Community Living



# HIICAP Corner

## Medicare Information and Updates



### Medicare FAQ

#### **If my medication costs go up during the year, what can I do?**

##### Work with your Part D plan

Your Part D plan can help by reviewing your situation and offer solutions such as:

- \* Preferred pharmacy—Part D plans have pharmacy networks, ask about local or mail order options for getting your medications at lower cost
- \* Prior Authorization—Part D plans may require patients try alternative meds or meet criteria of coverage before receiving approval for a particular medication
- \* Formulary options—Talk to your prescriber about generics or other medications in the same class on the formulary that may be covered at lower cost on the plan
- \* Exceptions—When alternatives cannot be used, your provider can request exception to formulary or tier pricing from the plan under certain circumstances

##### Change plans using SEP

If unable to find a solution through your current plan, use a Special Enrollment Period (SEP) to change to a different plan outside of the Annual Open Enrollment Period that may have lower costs.

You may qualify for an SEP in several ways:

- \* EPIC (NYS Prescription Assistance Program): Provides qualifying members help with Part D medication costs. In addition to potential Part D savings, beneficiaries have a one time SEP during the year to change their Part D plan. Income less than \$75K single or \$100K married, 1-800-332-3742
- \* Extra Help: Federal program that helps pay Part D costs if income below \$1719/month
- \* Medicare Savings Program: Helps pay Medicare and Part D costs if income below \$1469/month single or \$1980/month couple.
- \* Other situations that can create SEP include: changing county of residence; entering or leaving and institution such as Skilled Nursing Facility; or choosing to enroll in a 5 Star Advantage Plan

##### Agencies or programs that may be able to assist

- \* Secondary insurance such as Veteran benefits or retiree coverage
- \* Drug Manufacturer assistance programs
- \* Prescription programs such as GoodRx or those offered by your local pharmacies
- \* Support groups for particular chronic diseases may offer prescription assistance related to care (e.g. Kidney Foundation, Cancer Society, etc.)



**HIICAP**  
Health Insurance Information,  
Counseling and Assistance  
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WARREN-HAMILTON COUNTIES OFFICE FOR THE AGING  
1340 STATE ROUTE 9 ♦ LAKE GEORGE, NY 12845  
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DEANNA PARK ♦ DIRECTOR

## HOME DELIVERED MEALS SATISFATION SURVEY 2022

We hope that you will take a few minutes to let us know how we are doing. What you think of the meals? What improvements we can make? What are we doing well? This survey can be mailed back to the office at the address above or returned with you driver. Thank you in advance for helping us make improvements to our nutrition program.

- 1) What town or city do you live in? \_\_\_\_\_
- 2) Do you feel that the meals help keep you independent at home?  YES or  NO  
Comments: \_\_\_\_\_
- 3) Do you think we offer a good selection of meals?  YES or  NO  
Comments: \_\_\_\_\_
- 4) Do the meals look appealing?  YES or  NO  
Comments: \_\_\_\_\_
- 5) Is there enough food?  YES or  NO  
If yes, did you eat all of it?  YES or  NO  
Comments: \_\_\_\_\_
- 6) Do you ever throw out a meal?  YES or  NO; If yes, why? \_\_\_\_\_  
\_\_\_\_\_
- 7) For the hot meal, was it hot when it was delivered?  YES or  NO  
Comments: \_\_\_\_\_
- 8) For the frozen meal,  
Are you able to reheat these?  YES or  NO  
Comments: \_\_\_\_\_  
  
Do you throw any of these away?  YES or  NO; If yes, which ones and why?  
\_\_\_\_\_  
  
Do you like the frozen meals?  YES or  NO  
Comments: \_\_\_\_\_



- 9) If you had a preference, would you rather have hot meals served five days a week, or stay with the current meal delivery pattern?  
 Hot Meals Served Monday-Friday OR  Current Delivery Pattern

Comments: \_\_\_\_\_

- 10) Are you notified of changes in the menus?  YES or  NO  Sometimes

Comments: \_\_\_\_\_

- 11) Do you have food on hand in case of an emergency?  YES or  NO

Comments: \_\_\_\_\_

- 12) Is the person who brings your meal courteous/friendly?  YES or  NO

Comments: \_\_\_\_\_

- 13) Would you like to speak to our dietician?  YES or  NO

If yes, what topic(s): \_\_\_\_\_

Please provide name & phone number: \_\_\_\_\_

- 14) Are you satisfied with the services?  YES or  NO

Comments: \_\_\_\_\_

- 15) Do you have any suggestions how the meals might be improved?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you would like us to contact you about your responses, please provide us with your name and phone number. \_\_\_\_\_

We do apologize for some of the frequent changes to the dessert items. This is not a reflection on the staff or the office, but rather an issue across the nation. Due to supply chain concerns, we continue to have difficulty getting the items we have ordered and often have to substitute with what is provided. We thank you in advance for your continued understanding.

Please return by April 29, 2022. THANK YOU!!!!



**Attention Veterans and Surviving Spouses**

ARE YOU ELIGIBLE...For medical, disability, pension property tax exemptions, and other discounts?

Let us complete a Veteran or Surviving Spouse 360° review of your eligibility to local, state and federal benefits.

WARREN COUNTY VETERANS' SERVICES

Call 518/761-6342 for an appointment

**Legal Aid is Here to Serve Warren and Hamilton Counties**

When legal troubles come your way, your best chance of success is to proceed with an attorney's advice and/or representation. At Legal Aid we believe that you shouldn't be denied the benefit of an attorney just because you can't afford one. If you think we can help you, let us know. Our phone number is 518-587-5188 (Warren County) or 518-563-4022 (Hamilton County).



**SPRING THINGS**

- RAIN
- OWL
- MAY
- NEST
- TULIP
- BIRD
- LAKE
- CANOE
- PANSY



Z	E	O	N	A	C
T	P	A	N	S	Y
B	I	R	D	L	Q
U	L	I	Y	M	S
O	U	R	A	I	N
Q	T	L	M	X	E
D	W	G	K	S	S
O	E	K	A	L	T

AGING WELL IN THE ADIRONDACKS!

# QUEENSBURY SENIOR CITIZENS

## **MANY PROGRAMS & EVENTS ARE AVAILABLE:**

- \* ART CLASSES
- \* BOOK CLUB
- \* BILLIARDS & SHUFFLEBOARD
- \* CARDS AND GAMES
- \* COMMUNITY CRAFTS
- \* CUISINES FROM AROUND THE WORLD SERIES
- \* LATIN MOVES
- \* LINE DANCING
- \* MOVIES & MUSIC EVENTS

*Many activities are offered via ZOOM*

*Give us a call for more info.*

*518-761-8224*



**Book Your Next Vacation With Us!**

**TRIPS FOR 2022:**

**Cape Cod & Martha's Vineyard**

**Nashville, Tennessee**

**Albuquerque, New Mexico**

Contact us today to become a member  
Visit us at 742 Bay Road, Queensbury, NY 12804 (corner of Bay & Haviland). Call us at 518-761-8224 or  
Email [Stephanie@seniorsonthego.org](mailto:Stephanie@seniorsonthego.org)



It is my pleasure to announce that the Tri-County United Way will be partnering with the United Way of the Capital Region in organizing our first annual 518 Day, May 18<sup>th</sup>.

518 Day is a day dedicated to community involvement. Tri-County United Way works with corporate donors year-round to support community efforts. On May 18<sup>th</sup>, our goal is to connect volunteers from our corporate sponsors with our local nonprofits and community service agencies to accomplish as many community service projects as we can.

We also have community activities scheduled throughout the day, that we invite the public to attend. There will be an open Osteobusters class held at the Crandall Park Band Shell, for retirees wishing to improve their strength and balance. There will also be a blood drive at the Elks Club, on May 19<sup>th</sup>.

Following the day's service projects, we are inviting our community to join us at the Glen Drive-In Theater for a family movie night to celebrate our region and our volunteers' hard work. All are welcome to attend, free of charge! So, grab your grandkids, nieces, nephews, and neighbors and enjoy a night under the stars.

Be on the lookout for additional event details to follow!

If you have any questions please contact Lydia Miner,

Director of Corporate and Community Engagement at 518-793-3136, or [lminer@tricountyunitedway.org](mailto:lminer@tricountyunitedway.org).



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### Osteobuster Leader Certification Course

**Warren/Washington RSVP is hosting an Osteobuster leader certification course May 25<sup>th</sup>.**

**Osteobuster Exercise and Education Program is a community-based class for older adults that consists of weight-bearing exercises that are designed to strengthen muscles, improve balance and flexibility, and promote bone health.**

**The certification course will be held May 25<sup>th</sup> and will run approximately four hours; location to be announced. Participants will review of the program's exercises and then dive into the responsibilities held by a leader, including obtaining informed consent from participants, maintaining attendance records, and submitting hour forms.**

**We ask that if you are a current leader, who did not attend the refresher course in the fall of 2021, that you attend this course. If you are interested in becoming a leader or starting your own Osteobuster program, please connect with Lydia Miner at [lminer@tricountyunitedway.org](mailto:lminer@tricountyunitedway.org), or 518-793-3136 x202, to register.**

# Volunteer Medical Transportation

## RSVP Needs Medical Transportation Drivers!

Warren/Washington Retired Senior Volunteer Program (RSVP), is a vital part of our community, matching senior citizens age 55 and older with important volunteer opportunities. The subsequent connections benefit our community and the individuals served, as well as the volunteers themselves.

Currently, RSVP is in critical need of volunteer medical transportation drivers. Normal reduction, in combination with the challenges of the pandemic, have resulted in a smaller volunteer base for this important program, whilst RSVP is seeing an increasing need for this service in our community.

These days, many elderly people live alone, without family nearby to help. Volunteers with RSVP's Medical Transportation program provide these individuals with safe and reliable

transportation, and their willingness to help gives peace of mind to those who need it most.

This is a **flexible** commitment that works around **your schedule**. You determine the amount of time that is best for you. RSVP conducts an orientation for drivers and provides on-going assistance and support for all volunteers. Mileage reimbursement is available and any income made will not interfere with social security benefits, although many donate their time.

If you enjoy driving and are interested in making a real difference in your community, contact RSVP by telephone at **518-793-3136**, or email at **[transportation@warrenwashingtonrsvp.org](mailto:transportation@warrenwashingtonrsvp.org)**



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LEARN MORE @ [TRICOUNTYUNITEDWAY.ORG](http://TRICOUNTYUNITEDWAY.ORG)



These tips are a good place to start:

## How to create a healthy senior diet

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

**The key to healthy eating is to focus on the whole, minimally processed food that your body needs as you age—food that is as close to its natural form as possible. Our bodies respond differently to different foods, depending on genetics and other health factors, so finding the healthy diet that works best for you may take some experimentation**

## These tips are a good place to start:

**Eat plenty of fruit and vegetables.** Break the apple and banana rut and go for color-rich pickings like berries or melons. Aim for 2-3 servings a day. When it comes to veggies, choose antioxidant-rich dark, leafy greens, such as kale, spinach, and broccoli as well as colorful vegetables such as carrots and squash. Make veggies more appetizing by drizzling them with olive oil, sprinkling with goat cheese, or frying with garlic or chili flakes. Try for 2-3 cups every day.

**Choose calcium for bone health.** Maintaining bone health as you age depends on adequate calcium intake to prevent osteoporosis and bone fractures. Good sources include milk, yogurt, cheese or non-dairy sources such as tofu, broccoli, almonds, and kale.

**Go “good fat” not “no fat”.** Rather than trying to cut out fat from your diet, focus on enjoying healthy fats—such as omega-3s—that can protect your body against disease and support your mood and brain function.

**Vary your sources of protein.** As you age, eating enough high-quality protein can improve your mood, boost your resistance to stress, anxiety, and depression, and even help you think more clearly. However, eating too much protein from processed meat products such as hot dogs, bacon, and salami may increase your risk of heart

disease, cancer, and other health problems. Vary your sources of protein instead of relying on just red meat by including more fish, beans, p **Eat more fiber.** Dietary fiber can do so much more than keep you regular. It can lower your risk for heart disease, stroke, and diabetes, improve the health of your skin, and help you to lose weight. As you age, your digestion becomes less efficient, so it's important to include enough fiber in your diet. Women over 50 should aim to eat at least 21 grams of fiber per day, men over 50 at least 30 grams a day. Unfortunately, most of us aren't getting even half those amounts.

**Be smart about carbs.** Choose whole grains over processed white flour for more nutrients and fiber and cut down on sugar and refined carbs. While our senses of taste and smell diminish with age, we retain the ability to distinguish sweet tastes the longest, leading many older people to consume more sugar and refined carbs than is healthy. Unlike complex carbs that are rich in fiber, refined or simple carbs (such as white rice, white flour, refined sugar) can lead to a dramatic spike in blood sugar, followed by a rapid crash which leaves you feeling hungry and prone to overeating.

Adopted By: HelpGuide.org Authors: Lawrence Robinson and Jeanne Segal, Ph.D.  
eas, eggs, nuts, and seeds in your diet.



# May is Osteoporosis Month—stay bone strong!

Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist

Osteoporosis affects approximately 10 million Americans. Osteoporosis is a remarkably common disease that affects up to 55% of the US population over age 50.

Every year, more Americans are diagnosed with osteoporosis, a disease that causes bones to weaken and become more likely to break. You may not know that you have this “silent” disease until your bones are so weak that a sudden strain, bump, or fall causes your wrist to break or your hip to fracture. Learn the facts so you can protect your bones!

- While 1 in 2 women over 50 will develop osteoporosis, 1 in 4 men will, too.
- It's possible to make bones stronger.

Around 25 % of people die within the first 6 to 12 months after a hip fracture.

Medicare can help you prevent or detect osteoporosis at an early stage, when treatment works best. Talk to your doctor about getting a bone mass measurement—if you're at risk, Medicare covers this test once every 24 months (more often if medically necessary) when your doctor or other qualified provider orders it.

## Best Diet and Foods for Osteoporosis

**Dairy Products** - Some of the most important foods for osteoporosis are dairy products. These include **milk**, **cheese**, and **yogurt**. All dairy products have significant amounts of calcium, which is one of the most significant nutrients when it comes to building strong and healthy bones. Often, dairy products might also contain vitamin D, another component of bone health. It is generally advised to consume low-fat or non-fat varieties of dairy products.

**Fish** - The best varieties of fish to eat are **canned sardines with bones**, **salmon**, **mackerel**, and **tuna**. Each of these species of fish can provide either calcium, vitamin D, or both, making these options some of the best foods for an osteoporosis treatment diet.

**Fruits and Vegetables** - An important component of any diet is fruits and vegetables, and a diet for osteoporosis patients is no different. Some vegetables can provide even more calcium in your diet, such as leafy greens like kale, collard greens, broccoli, and okra. These vegetables, along with others like potatoes and artichokes, may also provide **magnesium** and **vitamin K**.

**Fortified Food** - While it is always a good idea to receive calcium and vitamin D directly from the foods that provide these nutrients naturally, there are also several foods that have added calcium and vitamin D to help you reach your daily needs. Many breakfast foods, such as **juices** and **cereals**, tend to have added fortifications. **Bread** and other wheat products also may provide higher than normal levels of calcium and vitamin D.

**Exercise is a critical factor for bone health**, specifically weight-bearing exercise. You won't change your bone density, but you'll improve the quality of the bone. Rather than just walking on a treadmill, engaging in a variety of exercises such as Tai Chi and Barre classes in addition to walking and walking up the stairs. Play sports and have fun. If it's not fun, you won't do it.

Learn more about what puts you at risk for osteoporosis and how to prevent and treat it at the [National Osteoporosis Foundation](#)

Adopted By: [Medicare.gov](#) & National Osteoporosis Foundation (NOF)

## Safer Grilling Methods Might Cut Cancer Risk

### Expert offers tips for healthier outdoor cooking



Catherine Keating-Stauch, RDN CDN Certified Dietitian Nutritionist



A few simple changes in how people grill outdoors, such as avoiding too much beef or processed meats and not charring foods, can aid in cancer prevention, according to an expert.

Two aspects of the traditional American cookout, what you grill and how you grill it, can potentially raise cancer risk. Diets that feature big portions of red and processed meat have been shown to make colorectal cancer more likely. Evidence that grilling itself is a risk factor is less strong, but it only makes sense to take some easy cancer-protective precautions.

One way to help prevent cancer is to avoid overcooking foods on the grill. Charring, results in the formation of cancer-causing compounds called heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs).

#### Here are four other ways to grill more safely:

**Add color (but not red meat).** By cutting back on red meat and grilling a wider variety of colorful fruits and vegetables, people will increase their intake of phytochemicals. These naturally occurring compounds found in plants offer protection against cancer. She suggested grilling vegetables like asparagus, onions, mushrooms, zucchini, eggplant and corn on the cob, which can be grilled whole, in chunks or in a basket. When grilling fruits, she noted, brush them with olive oil so they won't stick. Bender added that fruits should be grilled a day or two before they are completely ripe so they retain their texture.

**Mix it up.** Opt for chicken or fish instead of hamburgers or hotdogs.

**Marinate.** Marinating meat reduces the formation of HCAs, Bender advised. Marinating meats in seasoned vinegar or lemon juice for even just 30 minutes can be beneficial, she noted.

**Pre-cook (partially).** Pre-cooking meat will reduce the amount of time it spends exposed to high heat on the grill and reduce the formation of HCAs. Bender cautioned that partially pre-cooked meats should be transferred from the kitchen to the grill right away.

**Cook slowly.** By grilling meats slowly at a lower heat, they are less likely to burn or char. Bender said this will reduce the amount of HCAs and PAHs that end up on people's plates.

Visible fat should be trimmed off meats to avoid high flames or flare-ups, and that any charred portions of meat should also be cut off.

**More information** - The U.S. Department of Health and Human Services has more about grilling safety. Adopted By: American Institute for Cancer Research & Healthy day News





# Hawaiian Chicken Kabobs

These kabobs are tender, sweet, and delicious. They're easy to make and only require a few ingredients.

## Ingredients

Original recipe yields 8 servings

- 3 tablespoons soy sauce
- 3 tablespoons brown sugar
- 2 tablespoons sherry
- 1 tablespoon sesame oil
- ¼ teaspoon ground ginger
- ¼ teaspoon garlic powder
- 8 skinless, boneless chicken breast halves - cut into 2 inch pieces
- 1 (20 ounce) can pineapple chunks, drained
- skewers



## Directions

- Step 1 - In a shallow glass dish, mix the soy sauce, brown sugar, sherry, sesame oil, ginger, and garlic powder. Stir the chicken pieces and pineapple into the marinade until well coated. Cover, and marinate in the refrigerator at least 2 hours.
- Step 2 - Preheat grill to medium-high heat.
- Step 3 - Lightly oil the grill grate. Thread chicken and pineapple alternately onto skewers. Grill 15 to 20 minutes, turning occasionally, or until chicken juices run clear.

**Editor's Note:** The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time, ingredients, cook time, etc., the actual amount of the marinade consumed will vary.

**Nutrition Facts** Per Serving: 203 calories; protein 23.6g; carbohydrates 17.1g; fat 4.2g; cholesterol 60.8mg; sodium 412.6mg.  
Adapted by: Allrecipes



# Veggie Quiche Patties



These adorable patties are easy to make, and they also accomplish the goal of getting everyone to eat more vegetables. They're packed with immune-boosting vitamins A and C. and **25% DV for calcium**

## Ingredients

½ small onion, cut into ¼-inch dice (about ½ cup)

1 tablespoon extra-virgin olive oil divided

1 clove garlic minced

One 6-ounce bag baby spinach, (or 1 bunch Swiss chard, stems and center ribs removed, leaves cut into thin strips, washed and dried in a salad spinner)

Kosher salt and black pepper

6 large eggs, beaten

⅔ cup reduced-fat shredded Cheddar cheese

1 tablespoon chopped fresh herbs (I used parsley and tarragon)

## Instructions

Preheat the oven to 375°F. Lightly oil or coat 12 muffin cups with nonstick cooking spray and set aside.

Heat ½ tablespoon of the oil in a large nonstick skillet or Dutch oven over medium heat. Add the onion and cook, stirring frequently, until softened, about 5 minutes. Stir in the garlic and cook 30 seconds to 1 minute, until golden and fragrant. Add the remaining ½ tablespoon oil and the spinach and cook, stirring often, until wilted, about 3 minutes. Keep a watchful eye and adjust heat accordingly. Season with kosher salt and black pepper to taste. Remove to a cutting board, cool slightly, and coarsely chop. (If you use Swiss chard, you'll have to cook about 7 minutes until done.)

Place the eggs, cheese, and herbs in a large bowl and whisk together until well combined. Stir in the chopped vegetables. Using a tablespoon measure, pour the egg mixture evenly into each of the muffin cups. (You'll end up with about 3 tablespoons per muffin cup.) Smooth the tops.

Bake until golden brown and the eggs are set, about 18 minutes. Cool slightly, remove from muffin

cups, and serve at breakfast, lunch, dinner, or for a snack.

**Note:** Each serving has 150% vitamin A, 60% vitamin C, 25% calcium, and 20% iron.

**Nutrition Information** Serves: 4 Serving size: 3 patties: Calories: 185, Fat: 12g, Carbohydrates: 4g, Sugar: 1g, Sodium: 255mg, Fiber: 1g, Protein: 16g, Cholesterol: 320mg



## Rhubarb Crunch

- 3 cups diced rhubarb
- 1 cup white sugar
- 3 tablespoons all-purpose flour
- 1 cup packed light brown sugar
- 1 cup quick cooking oats
- 1 ½ cups all-purpose flour
- 1 cup butter



### Directions:

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9×13-inch baking dish.
2. In a large mixing bowl combine rhubarb, white sugar, and 3 tablespoons flour. Stir well spread evenly into baking dish. Set aside.
3. In a large mixing bowl combine brown sugar, oats, and 1 1/2 cups flour. Stir well then cut in butter or margarine until mixture is crumbly. Sprinkle mixture over rhubarb layer.
4. Bake in preheated oven for 40 minutes. Serve hot or cold.

Adopted by: SeniorsLifestylemag.com

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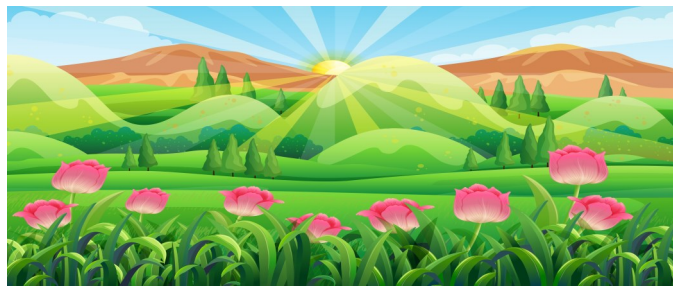
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# SPRING Word Search



F C T W Q O E I B Y R O A D X N L  
 N W A L Z Q D N I S E A E Z W K S  
 E U D T R Z D C B E T Y V A B U R  
 R Q P I C K P D R A Y Y O D Q P A  
 U D O O R Y A R D U O X E W N D Y  
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 E V O N D I M A L K C Q N I I A P  
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 M A G W E W T E S N O W D O P S R  
 V P N T U L P C E G G L E T N M P  
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 J C S F Q S X R A I N B O W S C S

BLOSSOM

CROCUSES

RAIN

LAWN

BLUEBIRDS

TADPOLES

SUN

OUTDOORS

PLANT

ROBINS

TAPPING

MAPLES

SAP

SNOWDROPS

DOORYARD

EGG

BYROAD

RAINBOW

BUDS

GARDEN



**April 2022 – Altered Delivery Schedule  
Warren/Hamilton Counties Office for the Aging**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px;">                     Age 60+ suggested contribution is \$3                      Per Meal, under 60 required contribution is \$5                 </div>				<b>April 1</b>  Orange Juice Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin
	<b>April 4</b>  Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	<b>April 5</b>  Chili with Shredded Cheese Corn Bread Brown Rice Corn Tropical Fruit	<b>April 6</b>  Cold Plate Sliced Roast Beef Potato Salad Coleslaw Chilled Peaches	<b>April 7</b>  Meatloaf Mashed Potatoes Winter Squash Apple Crisp
<b>April 11</b>  Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	<b>April 12</b>  Spanish Rice Italian Veggies Corn Bread Tropical Fruit Cup	<b>April 13</b> <b>Easter Dinner</b> Baked Ham/ Sauce Sweet Potatoes Peas & Onions w/w Dinner Roll Easter Dessert	<b>April 14</b>  Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	<b>April 15</b>  Baked Fish Scandia Sweet Potatoes Spinach Strawberry Shortcake
<b>April 18</b>  Cheese Omelet Sliced Ham Hash Brown Potatoes Broccoli Pudding	<b>April 19</b>  Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	<b>April 20</b>  Chicken & Biscuit Brown Rice Broccoli <b>Birthday Cake</b> <b>Happy Birthday</b>	<b>April 21</b>  Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit	<b>April 22</b> <b>Cold Plate</b> Chicken Salad on Romaine Salad 3 Bean Salad Tomato, Onion & Cucumber Salad Chilled Peaches
<b>April 25</b>  Sour Cream Chicken Potato of the Day Scandinavian Veggies Tropical Fruit	<b>April 26</b>  Veal Parmesan Penne Pasta Marinara Sauce Winter Squash Mandarin Oranges	<b>April 27</b>  Meat Lasagna Green Beans California Medley Mandarin Oranges	<b>April 28</b>  CHEF'S CHOICE	<b>April 29</b>  Lemon Baked Fish Roasted Red Potatoes Cauliflower Dump Cake

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, and tea and juice*). Diabetic desserts are available for those with diabetes. Menus subject to change. Frozen Dinner Heating Instructions:  
 Oven: 350 degrees for 30-45 min or until food has reached 165 degree (Loosen aluminum foil top or puncture film seal)  
 Microwave: Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees. Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

**May 2022 – Altered Delivery Schedule|  
Warren/Hamilton Counties Office for the Aging**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>May 2</b> Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Pudding	<b>May 3</b> Salisbury Steak Mashed Potatoes Carrots Yogurt w/Berries & Granola	<b>May 4</b> Orange Juice Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin	<b>May 3</b> Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	<b>May 6</b> <b>Happy Mother's Day</b> Pork Chops Sweet Potatoes California Medley Strawberry Shortcake
<b>May 9</b> Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	<b>May 5</b> American Goulash Broccoli Corn Chilled Pineapple	<b>May 11</b> Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	<b>May 10</b> Meatloaf Mashed Potatoes Winter Squash Apple Crisp	<b>May 13</b> <b>Cold Plate</b> Sliced Roast Beef Potato Salad Coleslaw Chilled Peaches
<b>May 16</b> Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	<b>May 17</b> Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit	<b>May 18</b> Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	<b>May 17</b> Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	<b>May 20 Cold Plate</b> Chef Salad – (Turkey/Ham/ Swiss Cheese/ Lettuce) Marinated Veggies Birthday Cake w/Frosting Happy Birthday!!
<b>May 23</b> Cheese Omelet Sliced Ham Hash Brown Potatoes Broccoli Pudding	<b>May 24</b> Baked Fish Scandia Sweet Potatoes Spinach Chilled Pears	<b>May 25</b> Spanish Rice Italian Veggies Corn Bread Fruited Gelatin	<b>May 24</b> Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit	<b>May 27</b> <b>Memorial Day BBQ</b> Hot Dog/Bun Baked Beans Hot German Potato Salad <b>Memorial Day Dessert</b>
<b>May 30</b> <b>Meal site Closed</b> 	<b>May 31</b> Veal Parmesan Penne Pasta Marinara Sauce Winter Squash Mandarin Oranges		Age 60+ suggested contribution is \$3 Per Meal, under 60 required contribution is 5\$	

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, and tea and juice*). Diabetic desserts are available for those with diabetes. **Menus subject to change.** **Frozen Dinner Heating Instructions:** Oven: 350 degrees for 30-45 min or until food has reached 165-degree (Loosen aluminum foil top or puncture film seal)  
**Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes, or until the food has reached 165 degrees. Stir content half way thru cooking cycle. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

# June 2022

Warren/Hamilton Counties Office for the Aging

All meals served with 1% milk, bread, margarine, (Congregate site only - **coffee, and tea and juice**). Diabetic desserts are available for those with diabetes. **Menus subject to change.** **Frozen Dinner Heating Instructions:** **Oven:** 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) **Microwave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to serving. **Caution contents will be hot.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>June 1</b> Meat Lasagna Green Beans California Medley Mandarin Oranges	<b>June 2</b>  <b>CHEF'S CHOICE</b>	<b>June 3</b> Lemon Baked Fish Roasted Red Potatoes Cauliflower Dump Cake
<b>June 6</b> Chicken Pot Pie with Potatoes & Veggies Brussel Sprouts Pudding	<b>June 7</b> Salisbury Steak Mashed Potatoes Carrots Yogurt w/Berries and Granola	<b>June 8</b> Pork Chops Sweet Potatoes California Medley Chilled Pears	<b>June 9</b> Roast Turkey/Gravy Mashed Potatoes Asparagus Brownie	<b>June 10</b> Orange Juice Breaded Fish Au gratin Potatoes Mixed Veggies Fruited Gelatin
<b>June 13</b> Cheeseburger Deluxe Lettuce/Tomatoes Potato of the Day Scandinavian Veggies Mandarin Oranges	<b>June 14</b> American Goulash Broccoli Corn Chilled Pineapple	<b>June 15</b> Chicken & Stuffing Casserole Brown Rice Italian Medley Veggies Tropical Fruit Cup	<b>June 16</b> Meatloaf Mashed Potatoes Winter Squash Apple Crisp	<b>June 17 Cold Plate Happy Father's Day</b> Sliced Roast Beef Potato Salad Coleslaw Strawberry Shortcake
<b>June 20</b> Chicken Stir-Fry Brown Rice Japanese Medley Applesauce	<b>June 21</b> Manicotti Marinara Meat Sauce Oriental Veggies Carrots Fresh Fruit	<b>June 22</b> Sloppy Joe on a Hamburger Bun Roasted Potato Bites California Medley Fruited Gelatin	<b>June 23</b> Macaroni & Cheese Stewed Tomatoes Green Beans Mandarin Orange	<b>June 24 Cold Plate Chef Salad – Turkey/Ham/ Swiss Cheese/ Lettuce Marinated Veggies Birthday Cake w/Frosting Happy Birthday!!</b>
<b>June 27</b> Cheese Omelet Sliced Ham Hash Brown Potatoes Broccoli Pudding	<b>June 28</b> Baked Fish Scandia Sweet Potatoes Spinach Chilled Peaches	<b>June 29</b> Spanish Rice Italian Veggies Corn Bread Fruited Gelatin	<b>June 30</b> Pot Roast/Gravy Mashed Potatoes Peas Tropical Fruit	Age 60+suggested contribution is \$3. Per meal, under age 60 required contribution is \$5.

## Meal site numbers:

Bolton: (518)644-2368  
Cedars: (518)832-1705  
cedars@warrencountyny.gov

Johnsburg: (518)251-2711  
Long Lake: (518)624-5221  
Warrensburg: (518)623-3451  
Lake Pleasant: (518)548-4941  
Indian Lake: (518)648-5412

Lake Luzerne: (518)696-2200  
First Presb. Church Glens Falls & Solomon Heights, Queensbury: (518)832-1705  
Wells: (518)924-4066

*Please Note: Contact your Mealsite to request a substitution if you do not care for Fish or Liver. The meal site Phone Numbers are listed above.*